

WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2003

The 2003 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,054 adults aged 18 and older. Results are weighted to represent the overall population of Wisconsin adults living in households with telephones.

PERCEIVED HEALTH / HEALTH-RELATED QUALITY OF LIFE

	All Adults		18-54		55 +	
	%	(+/-)	%	(+/-)	%	(+/-)
Health in general is:						
Excellent or very good	59	2	65	2	46	3
Good	29	1	27	2	32	2
Fair or poor	12	1	8	1	21	2
Number of days during the past 30 that						
Mental health was not good:						
0 days	63	2	58	2	76	2
1-5 days	21	1	25	2	13	2
6-30 days	15	1	17	1	11	2
Physical health was not good:						
0 days	64	1	65	2	61	3
1-5 days	22	1	24	2	17	2
6-30 days	14	1	11	1	22	2
Poor health prevented doing usual activities (persons with 1+ days poor mental/ physical health):						
0 days	65	2	67	2	62	4
1-5 days	20	2	22	2	14	3
6-30 days	15	1	11	2	24	3

(+/-) = 95% confidence interval

TOBACCO USE

	All Adults		18-54		55 +	
	%	(+/-)	%	(+/-)	%	(+/-)
Current cigarette smoker *	22	1	27	2	12	2
Percent of smokers who quit smoking 1 day or longer in past year *	49	3	51	4	39	7

OTHER RISK FACTORS FOR CHRONIC DISEASE

Overweight (BMI) † *	59	2	55	2	64	3
No leisure-time physical activity in the past month	19	1	15	1	27	2
Servings of fruits and vegetables consumed per day:						
...Less than 1	6	1	7	1	3	1
...1-2	37	1	41	2	27	2
...3-4	36	1	33	2	43	3
...5 or more	22	1	19	1	27	2
Risk factors ever diagnosed by health professional:						
High blood pressure	24	1	13	1	49	3
High cholesterol	33	2	23	2	48	3

CHRONIC DISEASES (DIAGNOSED)

Arthritis	27	1	16	1	51	3
Diabetes	6	1	3	1	13	2

ACTIONS TO REDUCE CHRONIC DISEASE RISK

Trying to lose or keep from gaining weight	80	1	80	2	81	2
Eating fewer calories and/or less fat to lose or keep from gaining weight	71	2	69	2	75	3
Exercising to lose or keep from gaining weight	73	2	78	2	62	3
Taking medication for high blood pressure (of those diagnosed)	73	3	52	5	86	3

* See Technical Notes
† Body Mass Index

FINDINGS FOR SELECTED YEARS

	2003		2002		2001	
	%	(+/-)	%	(+/-)	%	(+/-)
Flu shot in past 12 months, adults aged 65 and older	72	3	74	3	70	4
Cholesterol checked, past 5 years	75	1			72	1
Selected Behavioral Risks by Sex						
Current cigarette smoker	22	1	23	1	24	1
Males	24	2	25	2	25	2
Females	20	2	21	2	22	2
Overweight (BMI) † *	59	2	58	2	59	2
Males	69	2	68	2	66	2
Females	47	2	48	2	52	2
Consumed five or more alcoholic drinks on one occasion (binge drinking), past month	24	1	25	1	26	1
Males	33	2	36	2	37	2
Females	15	1	14	1	15	2
Drove a motor vehicle during, or within a couple of hours of, most recent binge drinking episode, past month	16	3				
Males	18	3				
Females	12	4				
Heavy alcohol consumption	9	1	8	1	9	1
Males (>60 drinks, past month)	9	2	10	1	11	2
Female (>30 drinks, past month)	8	1	6	1	7	1

Note: Shaded areas indicate years when content items were not on the survey.

TECHNICAL NOTES

The Behavioral Risk Factor Survey (BRFS) is a representative statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for non-response and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed by the Bureau of Health Information and Policy (BHIP) in the Department of Health and Family Services, in cooperation with the U.S. Centers for Disease Control and Prevention’s Behavioral Surveillance Branch. Wisconsin BRFS telephone interviews were conducted by the University of Wisconsin Survey Center.

Of the 4,054 respondents in 2003, 2,662 were 18 to 54 years old and 1,362 were 55 or older.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

The Centers for Disease Control and Prevention provided the following definitions:

- **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI of 25.0 or greater is considered overweight. Estimates of percent overweight may be slightly low, as more than 3% of BRFS respondents, primarily women, do not report their weight.
- **Current smokers** are those who smoke currently, either every day or only some days, and have smoked more than 100 cigarettes in their lifetime.
- The percentage of **smokers who quit for 1 day or longer in past year** is based on those who smoke every day (those who smoke only some days are excluded).
- A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.
- The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults has never been tested.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, contact the BRFS Coordinator, Anne Ziege, at ziegeal@dhfs.state.wi.us or 608-267-9821. For other health data, visit the BHIP Health Statistics Web site at <http://dhfs.wisconsin.gov/stats/index.htm>

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BEHAVIORAL RISK
FACTORS

2003